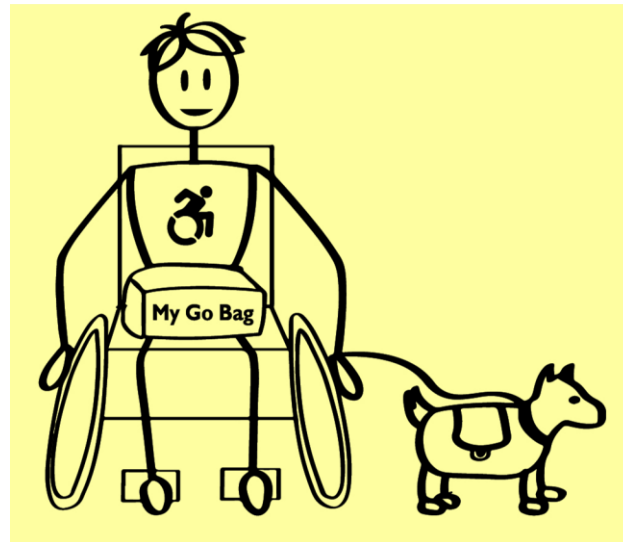


# Be Prepared, Have a Plan: Emergency Preparedness Toolkit



For persons with disabilities  
Adapted and Endorsed by the  
Wisconsin Council on Physical Disabilities

# About the Wisconsin Council on Physical Disabilities (CPD)

- Created by the state legislature in 1989.
- **Vision:** The Council envisions a world where all persons with physical disabilities have access to the same opportunities and life choices as any other Wisconsin resident.

# About the Wisconsin Council on Physical Disabilities (CPD)

- Has five major responsibilities:
  - Develop a state plan for services to people with physical disabilities.
  - Advise state agencies on programs and policies that affect people with physical disabilities.
  - Promote public understanding of the abilities and concerns of people with physical disabilities.
  - Encourage development of programs to prevent physical disabilities.
  - Submit recommendations in an annual report to the legislature.

# Presenters

- Ben Barrett, CPD Chair
- Kurt Roskopf, CPD Vice-Chair
- Jeff Fox, CPD Member-at-Large

# History on Council's Involvement in Emergency Preparedness

- The Council has been working on emergency preparedness for over 10 years.



# History on Council's Involvement in Emergency Preparedness

- CPD has an Emergency Preparedness Committee
- Karen Secor, Chair of the CPD Emergency Preparedness Committee, serves on Wisconsin's Emergency Preparedness Advisory Committee as physical disability representative
- CPD developed an Emergency Preparedness Toolkit, customized for people with disabilities

# Your best chance of survival is to have a plan and be prepared

- This toolkit is the first step you can take to be prepared and informed!
- Here are some things you can do to get started:
  - Set up a meeting
  - Take responsibility
  - Plan ahead
  - Discuss how you will communicate with each other
  - Make plans for your pet(s)/service animal(s)
  - Have an evacuation plan and practice evacuating your home twice a year
  - Choose who you will make contact with during a disaster
  - Pack emergency supplies that will last for 5 days
  - Be resourceful
  - Be informed

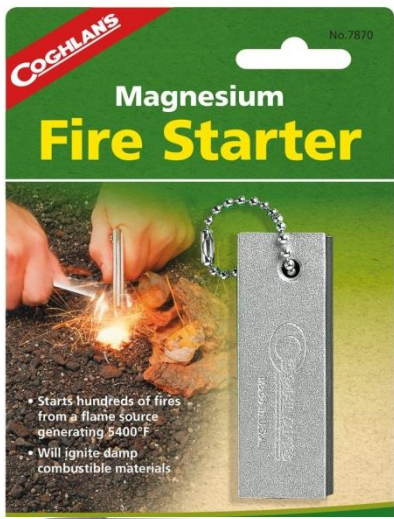
# Overview of the Emergency Preparedness Toolkit

- The toolkit serves as a resource tool providing all people, especially those individuals with physical or other disabilities, emergency preparedness information including tips, checklists, wallet card, visual communications tool, and other resources to be prepared and have a plan for emergencies and natural disasters.
- This toolkit also serves as a resource tool for professionals and volunteers who may assist people with disabilities during an emergency situation.



# ACTIVITY WITH BAG

- Everyone was given a bag when they came to this workshop.....



# Emergency Preparedness Checklists

- It is important to plan for what you need to have available for different types of emergencies. This toolkit includes four checklists to help you identify what you need.
- These include a:
  - General Checklist
  - Disability Checklist
  - Car Checklist
  - Important Documents Checklist

# General Checklist

## EMERGENCY PREPAREDNESS CHECKLIST

### GENERAL CHECKLIST



This checklist should help you prepare for natural disasters and/or emergencies before they occur and includes general items you may want to include in your **GO BAG** (if you need to evacuate) or **HOME KIT** (if you are home and have to wait on emergency assistance after a natural disaster). Pack your HOME KIT with supplies for at least five days, so you and your family can be prepared with the necessary supplies to survive independently until you can receive emergency assistance. Also see the **DISABILITY CHECKLIST**, provided in the *Be Prepared, Have a Plan: Emergency Preparedness Toolkit*, for other items you might want to include in your **GO BAG** or **HOME KIT**.

#### EMERGENCY ITEMS

- ☐ Important documents (see **IMPORTANT DOCUMENTS CHECKLIST**, included in the *Be Prepared, Have a Plan: Emergency Preparedness Toolkit*)
- ☐ Medications and extra medications
- ☐ Medical tags (bracelet / necklace / ankle bracelet)
- ☐ Water (1 gallon / person / day)
- ☐ Food (non-perishable)
- ☐ Food (Special Dietary Needs)
- ☐ Can opener

- ☐ Whistle
- ☐ NOAA radio
- ☐ Download APPS on smart phone (NOAA / weather, compass, flashlight, GPS, etc.)
- ☐ Matches / lighters (in a waterproof container)
- ☐ Fire starter kit
- ☐ Wire Saw
- ☐ Mess kit
- ☐ Water purification filtering system
- ☐ Disposable gloves (sterile and non-sterile)

# General Checklist

- This checklist includes general items you may want to include in your GO BAG or HOME KIT.
- Your GO BAG should include items you need if you are to evacuate.
- Your HOME KIT should include supplies needed to survive for at least five days.

# Disability Checklist

## EMERGENCY PREPAREDNESS CHECKLIST

### DISABILITY CHECKLIST



This checklist includes medical devices, supplies, and assistive technology devices for people with physical disabilities. Pack items you will need for yourself in your GO BAG. You may need to add additional items or devices to this list to meet your individual and/or family's needs.

#### GO BAG ITEMS

If you have a mobility disability and use a wheel-chair or scooter, you may want to consider having some or all of these items in your GO BAG:

☐ Thermal blanket *(survival)*

☐ Fire blanket *(survival)*

☐ Fire starter kit

☐ Inverter *(12-volt AC to 110 DC)*

☐ 12-volt heater / fan

☐ Wire saw

☐ Hand warmers

☐ Small 12-volt electric pump (120 psi) for car, bicycle, and other sports' equipment

☐ Bicycle tire pump and tire repair kit

☐ WD-40

☐ Magnifying glass

☐ Scissors

☐ Small sewing kit *(needle and assorted thread)*

☐ Tablet and pencil / pen

#### COMMUNICATION DEVICES

☐ Computer and computer software

# Disability Checklist

- This checklist includes medical devices, supplies, and assistive technology devices for people with physical disabilities.
- Pack the items you will need for yourself in your GO BAG.
- Additional items or devices may be needed to meet your individual needs.



# Car Checklist

## EMERGENCY PREPAREDNESS CHECKLIST CAR CHECKLIST



You may need to evacuate or take shelter in your car. Use this list to determine what you should have in your car for different emergency situations and/or weather events. You will want to monitor your water and food supplies when there is excessive heat and/or freezing temperatures.

### EMERGENCY ITEMS

☐ Copy of Medical Emergency Wallet Card

☐ Water

☐ Blanket

☐ Whistle

☐ Flashlight and batteries or lantern  
(hand-crank type)

☐ Tire chains

☐ Small shovel and non-clumping cat litter or sand

☐ Tools (pliers, flat and Phillips screwdrivers, and  
adjustable wrench)

☐ Wire saw

☐ Pocket knife

☐ Electrical and duct tape



# Car Checklist

- Use this list to determine what you should have in your car for different emergency situations and/or weather events.
- You will want to monitor your water and food supplies when there is excessive heat and/or freezing temperatures.

# Important Documents Checklist

## EMERGENCY PREPAREDNESS CHECKLIST

### IMPORTANT DOCUMENTS



Use this checklist to identify important documents and other items that you should take with you if there is a disaster or emergency. Make copies of the documents and other information, and if possible, also copy the information to a Flash Drive. Put the documents in your GO BAG. Store this document and other important items/documents in a waterproof container. *Always keep the originals in a safety deposit box or other safe location!*

You may not need all the information on this list. Put together only those documents you think you will need to protect yourself, your family and your future!

☐ Family Emergency Planning Form (provided in your toolkit)

☐ Medical Emergency Wallet Card (provided in your toolkit): Make a copy for each family member!

☐ Family Photo (or current picture of each family member and/or pets)

☐ Extra Cash

☐ Copies of Important Keys

☐ Copies of Vehicle Titles, Leases, Loan Documents, etc.

☐ Copies of Wills, Living Wills, Health Care Power of Attorney, Financial Power of Attorney, and Trust(s), etc.

☐ Computer files backed up on CDs, DVD or USB drive

☐ Copies of Pet Medical Records, Shots, Microchip Information, etc.


# Important Documents Checklist

- This checklist helps to identify important documents and other items that you should take with you.
- Make copies of the documents and other information, and if possible, also copy the information to a flash drive.
- Put the documents in your GO BAG.
- Store this document and other important items/documents in a waterproof container.
- Always keep the originals in a safety deposit box or other safe location!

# Medical Emergency Wallet Card

EMERGENCY PREPAREDNESS TOOLKIT

**MEDICAL EMERGENCY  
WALLET CARD FOR:**



NAME: \_\_\_\_\_

DATE OF LAST UPDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

Complete both sides of this card using a pencil. Update the information every six months. Keep the card with you at all times (in your wallet or purse). Keep an extra copy in your GO BAG.

**PERSONAL DATA**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Blood Type: \_\_\_\_\_

# Medical Emergency Wallet Card

- Fill out the information on the **WALLET CARD** that applies to you. For medication, include dosage, frequency, and specific time you take medication each day.
- Keep your **WALLET CARD** with you at all times in your wallet or purse. If you have a car, also keep a copy of your **WALLET CARD** in your **CAR KIT**.
- All family members in your home should have their own **WALLET CARD** with their information.
- Review your **WALLET CARD** every six months and update the information as needed. If you set aside your medication for emergencies, replace/rotate every six months or as medication expires.

# Family Emergency Planning

## EMERGENCY PREPAREDNESS CHECKLIST

# FAMILY EMERGENCY PLANNING FORM



This **FAMILY EMERGENCY PLANNING FORM** is for everyone in your home. Have a family meeting to talk about disasters. Fill out this form together.

When you have finished completing this form, make extra copies. Put a copy in your **GO BAG**. Everyone in your home should also have one. Put a copy near your phone or on your refrigerator. It should be easy to find.

Date of last review and update of this form:

\_\_\_\_/\_\_\_\_/\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

## FAMILY EVACUATION PLAN

Date of last practice evacuation (in case of house fire, wildfire, flood, etc.): \_\_\_\_/\_\_\_\_/\_\_\_\_

1. Is there a family member that has **limited mobility or no mobility**? ☐ Yes ☐ No

If yes, has the family practiced getting the person out of the home? ☐ Yes ☐ No

2. Is there a family member that has a **mobility device and/or service animal**? ☐ Yes ☐ No

If yes, has the family practiced getting the person out both *with AND without* the mobility device and/or service animal? ☐ Yes ☐ No

3. Is there a family member with a **disability who needs assistance**? ☐ Yes ☐ No

Person responsible for assisting family member: \_\_\_\_\_

Contact Information: \_\_\_\_\_

A copy of this **FAMILY EMERGENCY PLANNING FORM** has been given to a trusted third party: ☐ Yes ☐ No

Name: \_\_\_\_\_ Contact Information: \_\_\_\_\_

Designated Meeting Location: \_\_\_\_\_

Outside the home: \_\_\_\_\_ Outside the neighborhood: \_\_\_\_\_

Outside the region/state: \_\_\_\_\_ Local Disaster Center or Community Center: \_\_\_\_\_

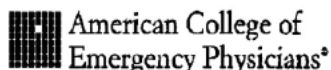
# Family Emergency Planning Form

- This form is for everyone in your home. Fill out this form together.
- When you have finished completing this form, make extra copies. Put a copy in your GO BAG. It should be easy to find.
- Develop a **FAMILY EMERGENCY PLAN** that includes everything your family should consider and do in order to be prepared for different emergencies or disasters. ***See the Evacuation Guide section of the toolkit.***
- If you need assistance, let family, friends, and neighbors know how they may help, and let them know your emergency plan.
- Review the four **EMERGENCY CHECKLISTS** to determine the items which need to go into the emergency kit(s).

# Child with Special Needs Form

## Emergency Information Form for Children With Special Needs

Last name: \_\_\_\_\_



American Academy  
of Pediatrics



Date form  
completed  
By Whom

Revised

Initials

Revised

Initials

<b>Name:</b>		<b>Birth date:</b>	<b>Nickname:</b>
<b>Home Address:</b>		<b>Home/Work Phone:</b>	
<b>Parent/Guardian:</b>	<b>Emergency Contact Names &amp; Relationship:</b>		
<b>Signature/Consent*:</b>			
<b>Primary Language:</b>	<b>Phone Number(s):</b>		
<b>Physicians:</b>			
<b>Primary care physician:</b>	<b>Emergency Phone:</b>		
	<b>Fax:</b>		
<b>Current Specialty physician:</b>	<b>Emergency Phone:</b>		
	<b>Fax:</b>		
<b>Specialty:</b>			



# Child with Special Needs Form

- The Emergency Information Form (EIF) is available at: [www.acep.org/clinical---practice-management/emergency-information-form-for-children-with-special-health-care-needs](http://www.acep.org/clinical---practice-management/emergency-information-form-for-children-with-special-health-care-needs).
- This document is a tool that transfers critical information to medical professionals in an emergency to ensure that a child's complicated medical history is summarized and available when it is needed most when neither parent nor pediatrician is immediately available.

# Fire Escape Plan



## How to Make a Home Fire Escape Plan

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.

# Fire Escape Plan

- How to Make a Home Fire Escape Plan form is available at: <http://www.nfpa.org/public-education/by-topic/safety-in-the-home/escape-planning/basic-fire-escape-planning>.
- Pull together everyone in your household and make a plan. Everyone in the household must understand the escape plan.
- A closed door may slow the spread of smoke, heat and fire.
- Install smoke alarms in every sleeping room, outside each sleeping area and on every level of the home.
- If there are infants, elderly, or family members with mobility limitations, make sure that someone is assigned to assist them in the fire drill and in the event of an emergency.

# Visual Communications Tool

EMERGENCY PREPAREDNESS TOOLKIT

## VISUAL COMMUNICATIONS TOOL

I have a physical disability

I am Deaf

I am blind

I have a cognitive disability

Other

**Quick Communication Tips for Emergency Responders:**

- Get the person's attention first.
- Speak to them at eye level.
- Look at the person when you speak. He or she may be able to read your lips.
- Speak slowly with a low-pitched and calm voice.
- Use short, familiar words, such as "What do you need?"
- Ask one question at a time. Also give directions one at a time. Check for understanding after each step.
- Give the person time to respond to your question or follow directions.



### COMMUNICATION METHODS

The best way to communicate with me is:

WRITING

CELL PHONE

COMMUNICATION BOARD

SIGN LANGUAGE

I CAN LIPREAD

HEARING AID OR COCHLEAR IMPLANT

TEXT / CAPTIONING

TACTILE INTERPRETER

List your unique communication equipment needs on your **MEDICAL EMERGENCY WALLET CARD**, available at <https://cpd.wisconsin.gov>.

A B C D E F

G H I J K L

# Visual Communications Tool

- The **VISUAL COMMUNICATIONS TOOL** can be used for quick and easy communication during an emergency as stress may make it more difficult to understand others.
- This tool can be used to tell others what you need. They can also use the card to tell you what is going on.
- The **VISUAL COMMUNICATIONS TOOL DOES NOT** substitute for accommodations required by the Americans with Disabilities Act (ADA). Shelters and federal aid programs must provide interpreting services and other public accommodations as required by the ADA.

# Additional Information Included in the Toolkit

- Evacuation Planning Guide
  - Evacuating Yourself and Your Family
  - Basic Fire Escape Planning
  - Escape Planning in Tall Buildings
  - Evacuation Procedures/Evacuation Devices
- Tips for Professionals and Volunteers Working with People with Disabilities During Emergencies
- Emergencies and Disasters to Plan for by Season
- Other Emergencies and Disasters
- Global Weather
- Frequently Asked Questions
- Basic Rights for people with disabilities in emergencies and disasters
- References and Resources

# All Toolkit Materials Available Online

- To download an electronic copy of the Wisconsin Council on Physical Disabilities, Emergency Preparedness Toolkit, visit:  
<https://cpd.wisconsin.gov>.





# Five Essential Element of Mass Trauma Intervention

1. Promotion of Safety
2. Promotion of Calmness
3. Promotion of Connectedness
4. Promotion for Self and Community Efficacy
5. Instilling Hope

(Source: Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence. Hobell, Walson, Bell, et al 2007)

# Impact of Disaster Events

- Initial Response
  - Immediate support of victims and first responders
  - Command support
- Push Pull Intervention Model
  - Push – Hotlines, Roving Response Teams
  - Pull – Assistance centers, center
- Recovery Support

# Importance of Psychological First Aid (PFA)

- This is an evidence informed approach that is built on the concept of human resilience. Its aim is to reduce stress symptoms and assist in health recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis.
- Core Actions of PFA are:
  - Contact and Engagement
  - Safety and Comfort
  - Stabilization
  - Information Gathering: Current Needs and Concerns
  - Practical Assistance
  - Connection with Social Supports
  - Information on Coping
  - Linkage to Collaborative Services
- The National Child Traumatic Stress Network and the National Center for PTSD are pleased to make the Second Edition of Psychological First Aid Field Operations Guide and accompanying handouts available at:  
<http://www.nctsn.org/content/psychological-first-aid>.

# Tips for Communicating in an Emergency

- Special consideration should be given to the needs of special populations during a crisis.
- Some possible situations or conditions someone may encounter when working with people with disabilities or the elderly include:
  - Delayed Response Syndrome
  - mobility impairments
  - sensory changes (hearing and/or vision loss)
  - service animals
  - chronic illnesses/medications
  - heat and cold (hypothermia, hyperthermia)
  - dementias
  - transfer trauma
  - fear of institutionalization

# Disability Sensitivity

- **Watch the Utube video on Disability Sensitivity at:**  
<https://www.youtube.com/watch?v=Gv1aDEFIXq8&list=PLbFKGFkIKL21ureNznAlzeQmeB4zECsOc#action=share>

# Disability Etiquette

- It is Important to Remember:
  - Not all disabilities are visible, such as heart disease, depression, or asthma.
  - Many people have temporary disabilities which are equally as limiting as permanent disabilities.
  - Not everyone with a disability wishes to discuss it or its limitations. Wait until you know an individual before asking personal questions.
- On the next few slides are tips for communicating with people with various disabilities. These are not all inclusive but may be helpful in emergency situations.

(These tips and resources are from University of Washington:

<https://depts.washington.edu/uwdrs/faculty/faculty-resources/tips-for-working-with-different-disabilities>)

# Disability Etiquette

- Deaf or Hard-of-Hearing
  - Tap someone who is deaf on the shoulder or wave your hand to get his or her attention.
  - Write notes if you don't sign (short sentences; common words).
  - Look directly at the person while speaking and don't obscure your mouth.
  - Try to limit gum chewing
  - Do not accept a head nod for understanding.
  - Talk directly to the person, not the interpreter.
  - Speak in a normal speed and tone unless asked to do otherwise.
  - Avoid standing in front of a light source.
  - Do not walk between two people using sign language as you will be cutting off their conversation.
  - Try to be expressive in your body language, gestures and facial expressions.

# Disability Etiquette

- Wheelchair Users and Other Mobility Device Users
  - Position yourself at the same eye level by sitting down if engaged in a long conversation with someone who uses a chair.
  - Treat the chair as part of the user's personal space; do not touch or lean on the chair.
  - Ask before giving assistance to a wheelchair user and take "No" for an answer.
  - Feel free to use words like "run" or "walk". Wheelchair users use these words too.
  - Be aware of architectural features which may cause difficulty for wheelchair users, such as steps or insufficiently wide doors.
  - Remember that some parking spaces are reserved for people with mobility limitations, they are not a luxury, they are a necessity.
  - Direct your comments to the individual, not their companion or care attendant.
  - Never pet, feed or otherwise distract a service animal without first obtaining permission from the owner.



# Disability Etiquette

- Speech and Language
  - Allow time for the person to speak, as they may need more time to respond to you.
  - Avoid the urge to interrupt or complete a sentence for the person.
  - Ask for repetition if you do not understand what the person said.
  - Do not fake understanding.
  - Be aware that you may need to use a variety of communication methods such as writing notes, emailing, or technological options.
  - Be patient and encourage the person toward expression.

# Disability Etiquette

- **Learning Disability or ADHD**
  - Understand that learning disabilities may impact a person's reading, writing, math, memory, and/or information processing.
  - Realize that this is rarely visible evidence of learning disabilities.
  - Use multiple methods to deliver information.
  - Minimize environment distractions (screen savers, background noises, etc.).
  - Keep in mind that an unconventional response may be influenced by a processing difficulty which affects social interaction.

# Disability Etiquette

- **Blindness or Visual Impairment**

- Understand that legally blind people may have some vision.
- Provide very explicit and specific directions if asked. Avoid using such terms as “over there” or “turn this way”.
- Never pet, feed or otherwise distract a service animal without first getting permission from the owner.
- Provide class information in accessible, electronic formats to support the individual in using their technology to speak content aloud.
- Feel free to use words like “see” and “look”.
- Offer your arm/elbow when leading someone who is blind.
- Place the person’s hand on the side or back of the chair when seating them.

# Disability Etiquette

- **Chronic or Acute Health**

*Examples: Cancer, Asthma, Emphysema, Diabetes, HIV/AIDS, Sickle Cell*

- Understand that each person has unique set of symptoms and treatments.
- Accept that many health conditions are often invisible to others.
- Never define the person by the condition. For example, someone should be referred to as “the girl who has cancer” not “the cancer girl”.
- Do not treat the person as if they are contagious.

# Disability Etiquette

- **Neurological**

*Examples: Cerebral Palsy, Seizures, MS, Tourette, Muscular Dystrophy, TBI (traumatic brain injury)*

- Know that some of these conditions will have symptoms that look like mobility issues, others may have similar effects as learning disabilities.
- Understand that someone may look like they have no disability.

# Disability Etiquette

- **Psychological**

- Understand that social skills may be impaired.
- Be sensitive to emotional stress or triggers.
- Be patient.
- Set clear boundaries for people repeatedly interacting with you. For example, “Thanks Bob for stopping by. If you want to chat, you need to make an appointment first”.

# Disability Etiquette

- **Cognitive**

- Be very clear and specific in your language. Sarcasm and subtle humor is often missed.
- Present instructions in a clear, easy to understand way.
- Present oral information at a measured pace, using pauses as appropriate to encourage understanding.
- Offer cues to help with transitions like “we have 5 minutes left until our meeting is done”.
- Reinforce information in multiple formats.
- Employ modeling, rehearsing and role-playing to help students learn appropriate interactions.
- Keep in mind that an unconventional response may be influenced by a cognitive difficulty which affects social interaction.

# Disability Etiquette

- **In Case of an Emergency**

- Be aware of a person with a disability in emergency situations. It may be necessary to alert someone who is deaf to a fire alarm or lead someone who is blind out of a building.
- Stay calm. Do your best to keep yourself and others safe.
- Remember that people with disabilities are not helpless. Offer help, but only give it when accepted or requested.
- Use first aid and other emergency responses according to your training.



# Tips for Communicating in an Emergency

1. Get the person's attention first. Speak to them at eye level. Identify yourself and explain why you are there, no matter how obvious it may seem.
2. Look at the person when you speak. Speak slowly with a low-pitched and calm voice.
3. Use short, familiar words, such as "What do you need?"
4. Ask questions that can be answered with a yes or no, if possible.
5. Ask one question at a time. Also give directions one at a time.
6. Give the person time to respond to your question or follow directions.
7. Repeat, rephrase, or write your message if necessary.
8. Ask permission first, before touching the person.
9. Ask before moving a person or a person's wheelchair/mobility device.

# Apps for Volunteers and First Responders

- **Disability Tips - Mobile-friendly website with information and tips for first responders**

**Description:** The Mobile TIPS for First Responders was developed by Project REDD at the Center on Disability and Development at Texas A&M University. The Mobile TIPS are adapted from Dr. Tony Cahill's 3rd Edition of the TIPS for First Responders, developed at the Center for Development and Disability at the University of New Mexico and from the TIPS for First Responders and Texas Resources for Services and Supports, developed at the Texas Center on Disability Studies at the University of Texas at Austin.

Please visit: <http://disabilitytips.tamu.edu/>

# Apps for Volunteers and First Responders

- **SAMSHA Behavioral Health Disaster Response App**

**Description:** In a disaster, it's essential that behavioral health responders have the resources they need—when and where they need them. The SAMHSA Disaster App makes it easy to provide quality support to survivors. Users can navigate pre-deployment preparation, on-the-ground assistance, post-deployment resources, and more—at the touch of a button from the home screen. Users also can share resources, like tips for helping survivors cope, and find local behavioral health services. And, self-care support for responders is available at all stages of deployment.

**Apple:** [https://itunes.apple.com/us/app/samhsa-behavioral-health-disaster/id787518271?mt=8&WT.ac=LP\\_20140206\\_DISASTERAPP\\_ITUNES](https://itunes.apple.com/us/app/samhsa-behavioral-health-disaster/id787518271?mt=8&WT.ac=LP_20140206_DISASTERAPP_ITUNES)

**Google:**

[https://play.google.com/store/apps/details?id=gov.hhs.samhsa.app.disaster&WT.ac=LP\\_20140206\\_DISASTERAPP\\_GOOGLEPLAY](https://play.google.com/store/apps/details?id=gov.hhs.samhsa.app.disaster&WT.ac=LP_20140206_DISASTERAPP_GOOGLEPLAY)

# Apps for Volunteers and First Responders

- **Show Me - A communication tool for emergency shelters**

**Description:** The Maryland Office of Preparedness and Emergency Management has created a simple, hands-on tool to reduce communication barriers and better assist individuals with access and functional needs, and professional shelter staff and volunteers, make their needs and concerns understood within a community shelter setting during an emergency.

**Apple:** <https://itunes.apple.com/in/app/show-me-for-emergencies/id840012297?mt=8>

**Google:**  
<https://play.google.com/store/apps/details?id=gov.ma.dph.showme>

# Now Be Prepared, Have a Plan!

## – For Individuals

- Fill out and carry with you your Medical Emergency Wallet Card
- Pack a GO BAG (take with you everywhere)
- Share emergency plan with family and caregivers
- Have drills for emergencies and natural disasters
- Check GO BAG and emergency kits when time change occurs

# Now Be Prepared, Have a Plan!

## – As An Agency/Partner

- Create a plan to share this information with all interested staff, community partners, and stakeholders.
- Educate members of the public about having an emergency plan with family and caregivers
- Encourage volunteer or first responder agencies to have drills for emergencies and natural disasters and how to respond.
- Teach people about the importance of having a GO BAG and remind people to check their GO BAG and emergency kits supplies when time change occurs.

# Questions



# Acknowledgements

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